

FMS - Fibromyalgia Syndrome

FMS-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

OUTCOME: The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

STANDARDS:

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

FMS-DP DISEASE PROCESS

OUTCOME: The patient/family will understand the pathophysiology of fibromyalgia.

STANDARDS:

1. Review fibromyalgia (FMS) as a collection of complex symptoms characterized by achy pain and stiffness in soft muscle tissues, including muscles, tendons, and ligaments. The pain and stiffness of FMS may be widespread throughout the body or localized, especially along the spine.
2. Explain that there is currently no reliable laboratory test available to make the diagnosis of FMS and that the examining physician must rely on a patient's medical history and physical findings of tender points on examination.
3. Discuss the patient's specific conditions, including anatomy and physiology as appropriate.
4. Explain that FMS is disruptive, but not life threatening. Women are more likely to have fibromyalgia.

5. Symptoms may include sleep disturbance, depression, fatigue, headaches, diarrhea and/or constipation, numbness in hands and feet, weakness, memory changes, and dizziness.
6. Review lifestyle factors that may worsen or aggravate the symptoms (e.g., overweight, obesity, sedentary lifestyle, higher levels of emotional stress, and ineffective coping skills)

FMS-EX EXERCISE

OUTCOME: The patient will understand the importance of exercise in enhancing physical and psychological well-being.

STANDARDS:

1. Explain that regular aerobic activity will reduce the symptoms of fibromyalgia.
2. Explain that the goal is at least 150 minutes of physical activity a week, for example, walking:
 - a. 30 minutes 5 days per week
 - b. 15 minutes bouts 2 times a day 5 days per week
 - c. 10 minutes bouts 3 times a day 5 days per week
3. Encourage the patient to increase the intensity of the activity as the patient becomes more fit.
4. Assist the patient in developing a personal exercise plan. **Refer to HPDP-EX.**
5. Discuss obstacles to a personal exercise plan and solutions to those obstacles.
6. Discuss medical clearance issues for physical activity.

FMS-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up and make a plan to make and keep follow-up appointments.

STANDARDS:

1. Provide positive reinforcement for areas of achievement.
2. Emphasize the importance of follow-up care to prevent complications and adjustments of medications.
3. Encourage active participation in the treatment plan.
4. Explain the procedure for obtaining appointments.

FMS-L LITERATURE

OUTCOME: The patient/family will receive literature about FMS.

STANDARDS:

1. Provide patient/family with literature on FMS.
2. Discuss the content of the literature.
3. Point out to the patient/family the numerous professional organizations that are knowledgeable about FMS pain management.

FMS-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand what lifestyle adaptations are necessary to cope with FMS.

STANDARDS:

1. Explain that the patient has a responsibility to make lifestyle adaptations in controlling pain. It is a process of making wise choices and changes that will positively affect the overall state of health.
2. Emphasize the importance of rest and the avoidance of fatigue.
3. Discuss the use of heat and cold as appropriate.
4. Refer to Social Services, Behavioral Health, Physical Therapy, Registered Dietician, Rehabilitative Services, and/or community resources, as appropriate.
5. Review the areas that may require adaptations: diet, physical activity, sexual activity, and bladder/bowel habits.

FMS-M MEDICATIONS

OUTCOME: The patient/family will understand the prescribed medication(s) FMS.

STANDARDS:

1. Review the patient's medication. Reinforce the importance of knowing the medication, dose, and dosing interval of medications.
2. Discuss potentially adverse interactions with other drugs (e.g., OTC medications, traditional/herbal medications) and the adverse effects of this medication when combined with certain foods.
3. Emphasize the importance of checking with a medical provider prior to starting any prescription, OTC, or herbal/traditional treatments.
4. Discuss the importance of taking medications as prescribed. It is important not to increase the dose of medications without first consulting the healthcare provider.

FMS-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient and family will have an understanding of the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

FMS-PM PAIN MANAGEMENT

OUTCOME: The patient/family will understand pain management techniques.

STANDARDS

1. Discuss non-pharmacologic pain control measures such as:
 - a. Learning techniques that relieve stress and promote relaxation.
 - b. Practicing good health habits such as eating a nutritious diet, managing weight, and getting adequate sleep, and avoiding alcohol, highly sugared foods, caffeine drinks, and tobacco.
 - c. Understanding the feeling that pain creates.
 - d. Becoming more physically active.
 - e. Organizing the day and performing daily tasks more efficiently.
 - f. Identifying capabilities and not just limitations.
 - g. Improving communications with family and friends.
 - h. Practicing weight loss, if overweight.
 - i. Addressing any problems with sleep disturbances.
 - j. Exploring alternative/complimentary medicine such as massage, acupuncture, chiropractic, yoga, and Tai Chi, traditional healing, and hypnosis.

FMS-SM STRESS MANAGEMENT

OUTCOME: The patient will understand the role of stress management in chronic pain management.

STANDARDS:

1. Explain that uncontrolled stress may exacerbate the symptoms of the chronic pain of FMS. This can set up a cycle of pain-stress which becomes self-sustaining and may escalate.
2. Explain that uncontrolled stress can interfere with the treatment of chronic pain.
3. Discuss that in chronic pain, uncontrolled stress may lead to depression or other mood disorders. **Refer to CPM-PSY.**
4. Explain that effective stress management may reduce the severity of symptoms the patient experiences, as well as, help improve the health and well-being of the patient.
5. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol, or other substance use as well as overeating, all which can increase the severity of pain.
6. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries or problems
 - d. Setting realistic goals
 - e. Getting enough sleep
 - f. Maintaining a reasonable diet
 - g. Exercising regularly
 - h. Taking vacations
 - i. Practicing meditation
 - j. Practicing self-hypnosis
 - k. Using positive imagery
 - l. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
 - m. Participating in spiritual or cultural activities
7. Provide referrals as appropriate.

FMS-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, including indications and impact on further care.

STANDARDS:

1. Explain the test ordered. The test may be performed to rule out other disease processes.
2. Explain the necessity, the benefits and the risks of the test to be performed, as appropriate, including possible complications that may result from not having the test performed.
3. Explain how the test relates to the course of treatment.
4. Explain any necessary preparation for the test, including appropriate collection.
5. Explain the meaning of the test results, as appropriate.